

How can I keep my child **SAFE** when using ICT?



- If you have a computer, keep it in a **high traffic** area of your home. Children at any age should **never** have access to the Internet in their bedrooms.

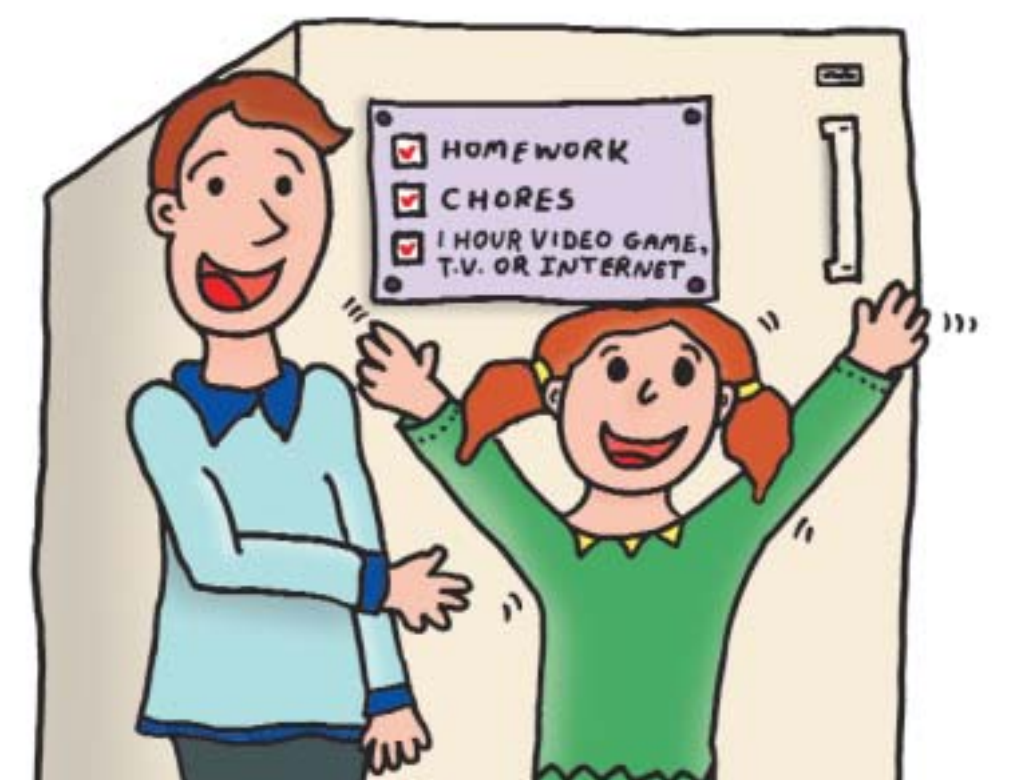


- Have your child **sign an agreement** about your expectations for using the Internet. This agreement should set out clear rules for behaviour and consequences of not living up to those rules.

- Information shared online may not remain private. Be sure that your child is **not sharing personal information**, such as his or her full name, address or phone number with others online.

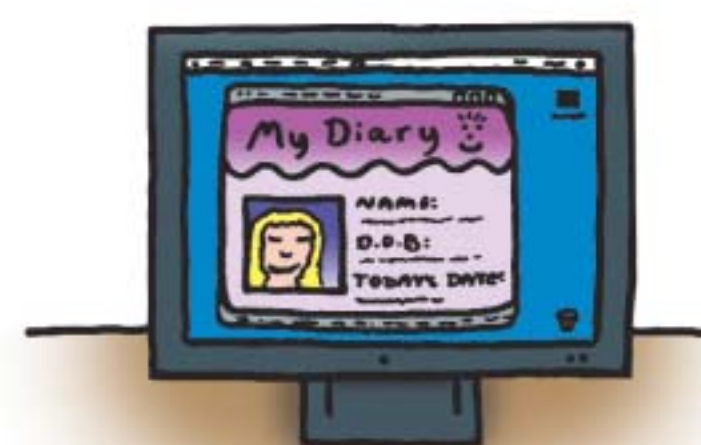


- **Set limits** to how much time your child spends on the Internet, television and video games. It is important to stay physically active to be healthy!



- Children should **never agree to meet** someone in person whom they have only "met" or talked with online.

- Ask your child to tell you about any online conversations with others that made him or her **feel uncomfortable** or frightened.



- Remind your child that what is done on the Internet **does not disappear** after logging off. Photos, videos, texting and email can be reproduced and cannot be erased once shared with others.



- Ask your child to tell you **if he or she is being bullied**. Bullying, whether online or in person, is unacceptable.

- Always have updated **anti-virus software** active on your computer. Tell your child to be wary of accepting files through texting and email. Never open unexpected attachments. These can contain viruses that will allow others to access your computer.



Be sure that your child is comfortable talking with you about any problems experienced online without having to worry about losing access to these tools.

Fear of losing access to ICT may prevent children from sharing what is really going on in their "digital" lives.